Physical Meeting Schedule

Last updated: 7/18/23

	GROUP NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AA	Bell, Book & Candle (BBC)	12:00 PM Room 1 (L)	12:00 PM Room 1 (OD)	12:00 PM Room 1 (L,Q)	12:00 PM Room 1 (OD)	12:00 PM Room 1 (OD)	12:00 PM Room 1 (OD)	10:00 AM Room 1 (OD)
		7:30 PM Room 1 (SP)						
	Serenity	5:45 PM Room 1 (CD)	5:45 PM Room 1 (OD)	5:45 PM Room 1 (OD) Room 4 (L)	5:45 PM Room 1 (OD)	5:45 PM Room 1 (OD)	6:30 PM Room 1 (B)	
	The Young & The Restless							5:30 PM Room 5* (OD)
	We Agnostics							7:30 PM Room 3 (OD)
Alanon	The Noon Group AFG	12:00 PM Room 4 (CD)	12:00 PM Room 4 (CD)	12:00 PM Room 4 (CD)	12:00 PM Room 4 (CD)	12:00 PM Room 4 (B)		
	Growing Up AFG							3:45 PM Room 2 (OD)
CMA	Ice Breakers						10:30 AM Room 2 (Lit)	
		8:00 PM Room 2 (OD)		7:00 PM Room 2 (OD)		8:00 PM Room 1 (OD)	6:30 PM Room 2 (B)	11:00 AM Room 2 (OD)
OA	Monday Noon OA	12:00 PM Room 2 (OD)						
	Wednesday Noon OA			12:00 PM Room 2 (OD)				
	Saturday Morning Live						9:00 AM Room 2 (OD)	
	Sunday Spirituality							10:30 AM Room 4 (OD,H)
	OA Newcomers Encounter						10:30:00 AM 4th Saturday Room 3 (B,H)	
SCA	Midtown SCA	7:00 PM Room 3 (CD,H)					5:30 PM Room 3 (CD,H)	
	Wednesday SCA			7:30 PM Room 3 (OD,H)				
	Willing Women's	7:00PM Room 5 (OD0						
Other 12 Ste	Core CODA						8:00 PM Room 3 (OD)	
	Lambda Group (NA)		8:00 PM Room 4 (OD)			8:00 PM Room 4 (OD)	8:00 PM Room 4 (OD)	
Monthly Meetings	Galano Board Meeting (3rd Monday)	7:00 PM Room 4						
	CMA GSR (3rd Sunday)							1:00 PM Room 2
	The Highlands Retreat (1st Sunday)							1:00 PM Room 4
	Zone 13E (2nd Sunday/ Odd months)				Room 1			4:30 PM Room 1

AFG: Al-Anon Family Group
B: Beginners
CD: Closed Discussion
CODA: Codependents Anonymous
CMA: Crystal Meth Anonymous
H: Hybrid (Physical & Virtual)
L: Literature based meeting
NA: Narcotics Anonymous
OD: Open Discussion
OA: Overeaters Anonymous
Q: Qualifying Meeting
SCA: Sexual Compulsive Anonymous
SP: Speaker Meeting
SLAA - Sex and Love addicts Anomyous
*Room 5 is NOT wheelchair accessible.

The cluhouse opens 15 minutes prior to scheduled meeting times

Meetings are held 365 days/year and last 1 hour, unless noted. Parking info and Virtual Schedule are online at www.galano.org

By entering the clubhouse you agree to all house rules posted in the clubhouse and on our website

Galano is a no smoking facility, smokers must use the desinated smoking area

Galano Membership, while encouraged, is never a requirement to attend meetings

Scheduling issues, additions or corrections, contact scheduling@galano.org